Some of your bits...

Your guide to personal hygiene

To keep your body fresh and clean you should wash daily and have a bath or shower regularly.

You will feel good about yourself with a clean body and fresh smelling clothes.
Keeping your body clean is an important part of good hygiene. Here are some tips for different parts of your body:

**Hair**
Your hair will need to be washed at least once a week as your hair follicles produce oil which, together with any sweat, can make the hair dirty and greasy. Wash your hair using a mild shampoo and always rinse it in clean water. Clean your brush and comb regularly.

If your head starts to itch badly, you may have caught head lice. Ask your school nurse, pharmacist or doctor for advice on suitable effective treatment. Or try the non-medicated detection and treatment of the wet combing method.

**Hands**
Wash your hands regularly as there are germs on everything you touch; dry them with a clean dry towel or paper towel.

Always wash them:
- before touching, preparing or eating food.
- after blowing your nose, sneezing or coughing.
- after playing with pets.
- whenever they look dirty or feel sticky.
- every time you use the toilet.

**Teeth**
Brush your teeth twice daily, in the morning and before bedtime using fluoride toothpaste. To help prevent tooth decay keep sugary foods and drinks to meal times only. It is important to visit your dentist regularly.
Important part of staying healthy.

Underarms

Your underarms are likely to sweat, especially if it is hot or if you have been exercising. Sweat left under your arms will attract bacteria and start to smell. Wash at least once or twice a day to stop bacteria growing and to keep you smelling fresh. After washing you may like to use a deodorant or antiperspirant.

Genital area

It is important to wash your genital area daily. Change your underwear every day and try to wear cotton pants or knickers. Be aware ordinary soap may irritate this area; if so try a soap free cleanser as an alternative.

Always wipe your bottom front to back, as this helps to stop infection.

Feet

Wash your feet daily; always dry between your toes. Dampness can cause infections like ‘athletes foot’.

Change your socks or tights every day. Try to wear natural fibres as these allow your feet to ‘breathe’ helping to prevent ‘smelly feet’.

Make sure your shoes are well-fitting and clean. Cut your toenails regularly to keep them short.
Spots & Acne

Acne is a common skin condition that affects the hair follicles and the small glands in the skin which produce an oily substance called sebum. Together with dead skin cells, sebum blocks the hair follicles causing spots. Then changes in skin acid levels allow bacteria to grow, which can become trapped in the hair follicles, causing infection and inflammation.

You can help prevent this by washing your face in a mild cleansing product and use an oil-free moisturiser.

www.nhs.uk/livewell/skin/pages/acne.aspx

Acne can make you feel low about yourself... so seek advice from your pharmacist or doctor as there are treatments available.

and not forgetting your clothes!

Wash your clothes regularly, as dirty, stained clothes will prevent you from being fresh and clean.

Try to change the clothes next to your skin every day such as underpants, socks and tights. Also change your bra, vest, t-shirt as frequently as possible and the remainder of your clothes as soon as they become dirty or smelly.

Always try to keep your clothes looking neat and tidy.

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